May 7, 2021
Issue #52

Singer and Songwriter,
Shannon Lee

The Crazy Wisdom Weekly

shining a light in the dark

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

The Crazy Wisdom Weekly

Crazy Wisdom Poetry Series

hosted by
Edward Morin, David Jibson,
and Lissa Perrin

Second and Fourth Wednesday
of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

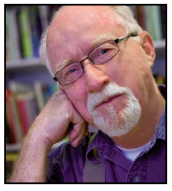
Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Featured readers

May 26 - Carolyne Wright, a Seattle native, authored ten books of poetry and translated five volumes of poetry translations from Spanish and Bengali. The title poem of *This Dream the World: New & Selected Poems* received a Pushcart Prize and was included in *The Best American Poetry 2009*. She co-edited the anthology, *Raising Lilly Ledbetter: Women Poets Occupy the Workspace*.

June 23 - Kelly Fordon, award-winning writer and teacher from the Detroit metro area, explores personal and class conflicts in city and suburb. Her two recent story collections from Wayne State University Press are *I Have the Answer* and *Garden for the Blind*. Her poetry includes one book, *Goodbye Toothless House*, and three chapbooks. www.kellyfordon.com



July 28 - William Trowbridge's eighth poetry book is *Oldguy: Superhero—The Complete Collection*, Red Hen Press, 2019. His ninth, *Call Me Fool*, is forthcoming from Red Hen in 2022. He is a poetry mentor in the University of Nebraska Omaha Low-residency MFA in Writing Program and was Poet Laureate of Missouri from 2012 to 2016.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all.
There is never a charge.
https://cwcircle.poetry.blog/

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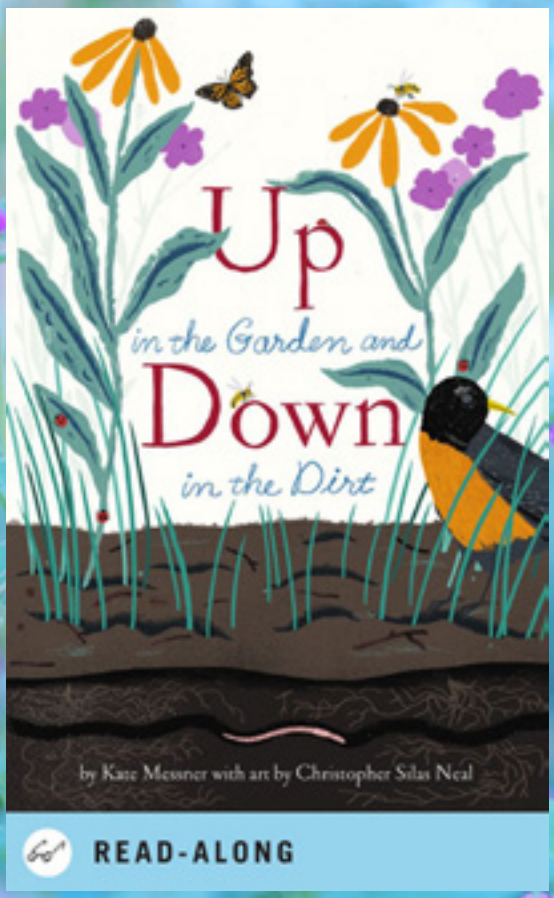
The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.



This Week's Ebook

Up in the Garden and Down in the Dirt by Kate Messner, Christopher Silas Neal

In this exuberant and lyrical follow-up to the award-winning ***Over and Under the Snow***, discover the wonders that lie hidden between stalks, under the shade of leaves . . . and down in the dirt. Explore the hidden world and many lives of a garden through the course of a year! Up in the garden, the world is full of green—leaves and sprouts, growing vegetables, ripening fruit. But down in the dirt exists a busy world—earthworms dig, snakes hunt, skunks burrow—populated by all the animals that make a garden their home. Plus, this is the fixed format version, which will look almost identical to the print version. Additionally for devices that support audio, this ebook includes a read-along setting.

To Purchase: https://shopcrazywisdom.indielite.org/ebook/9781452144191

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Cover painting by Brian Taylor

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Shannon Lee
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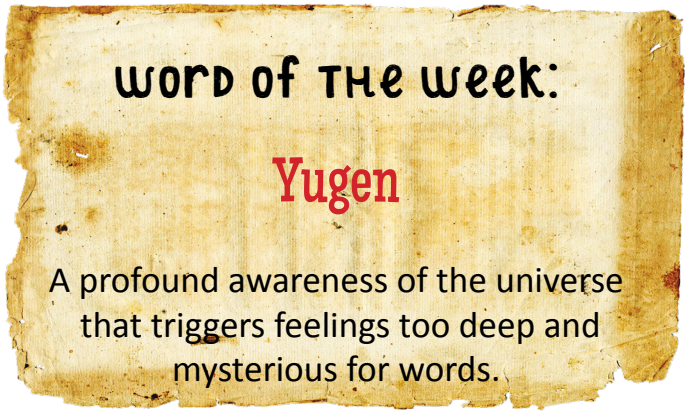

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

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CW Musician Spotlight

Featuring Singer/Songwriter Shannon Lee

By Michelle Wilbert

How did you get into music?

I was into music as soon as I heard it as a baby. According to my mom, I was always humming along and dancing in my chair. When I was a very young child, perhaps 5 or 6, I remember welling up with emotion while listening to one of my mom's favorite albums by The Moody Blues. She also had dance parties for us in the living room while blasting music from Motown, which I still love to this day. Later, I took up clarinet in school, took modern dance classes, tried teaching myself violin, then much later, settled on guitar. I was always singing, but only to myself and I was very shy for years. Once I started learning guitar, that all changed and now I'm writing songs and performing in 3 bands that write mostly original material.

What are your favorite aspects of live performances?

As a listener, I love the raw sound of hearing musicians play and sing while they are in front of me, because I can also see what they're doing, see the expressions on their face, and their interactions with their bandmates and the audience. Something about being in the same room with them while they are creating that kind of magic just feels so good and connecting. As a performer, I enjoy seeing people being drawn into my music and enjoying it. I love the story-telling aspects of songs and connecting with my audience over some of those stories. Musically, I love the connectedness of playing with bandmates and I enjoy hearing their touches and interpretations of the music we are creating together. It is truly a natural high.

What have you been doing musically during the Pandemic?

The pandemic has been really hard on me, so I'm afraid I haven't been doing as much as I would have liked to, musically speaking. However, I did write two songs during the pandemic, so I will call that a win at least. In addition, I have recently begun to get back into rehearsing with one band, and have made steps toward that direction with my other two bands, so things are looking up!

Find live performances on Shannon's Reverb Nation Page here.

https://www.youtube.com/channel/UCHpL0Dz7wmv6Av74yrLivNQ

A CELEBRATION OF ONENESS

By Michelle McLemore

One of the first, large-scale firework displays I witnessed, was when my eldest sister, Lisa, invited another sister Susan and me to attend the July 4 firework display with her. We sat on a grassy hill in Ann Arbor, surrounded by a sea of other families in the dark, waiting.

The firework show, as I remember it some 30 years later, was filled with brilliance—continually flowing images and sizzling displays of color. The booms were so loud they rocked my chest. Yet, in all the pageantry and thrill, what impressed me to a subconscious level was the people. Strangers were separated in the darkness, united in oohs, aahs, and applause without prompting or direction.

Going to an MJM theater, a similar unplanned, contagious joy bubbles up during the opening jingle. The audience spontaneously claps three times at a certain point of the song. No signage directs it, there are no visual prompts, just the melody and an intangible participatory compulsion. Look around and you will see big smiles and hear giggles after the clapping.

The most recent place I witnessed this unspoken, unplanned conjoining of spirit was in Key West, Florida. Starting around 5 p.m., people begin meandering to Mallory's square. Street performers take turns amusing and amazing spectators while at the harbor edge, the railing begins to fill up. Around 6:30 the sun sets over the water. When the last bit of the orb drops below the horizon, applause suddenly fills the air. It is not a meager golf clap, but a swelling of hearty appreciation for the grand natural display that had occurred. The sun as performer needed no applause nor ego stroking, and yet the human spirit was filled with joy and peace from the experience. Perhaps it is simply the anticipatory amount of energy present in masses of people gathered to witness something pleasant that allows for a simultaneous reaction.

Yet…

One evening in Mallory's Square, as the sun began melting into the water, two sailboats that had been framing the sun's descent, suddenly both started moving across in front of the sun. Trepidation was palpable in my chest. Disbelief began to collectively rise and as the ships crossed, blocking the last few seconds of the sun set, a unified, unplanned "Boo!" rose from the ranks across the square followed by laughter. The ships parted and those of us on shore could see one last sliver of the sun before it was gone. Did we feel gipped? Did the people on shore have a monopoly on the sunset and the right to expect the ships to stay out of our line of sight? Of course not, hence the laughter. It was the surprise twist of events in a moment of shared anticipation across hundreds of individuals that still elicited a common response. The evening was not spoiled, perhaps it was even enhanced because of the surprise group reaction.

We are more alike than different. The human spirit and energy can unite us when we quit overthinking and criticizing and looking for ways to divide rather than simply being human. Just as in counseling, when we begin to think of situations in terms of win-lose, both sides have already lost.

Let us look for the fireworks or stars in the sky, the sunrise and sunsets, the crystals in the snow, and the simple truth--we are all human. And in that humanity, is the magic waiting to unite us with joy if we let go, breathe, Be, and let the awe of life move us collectively.

From Issue #77

Weathering an Avalanche

Reflections On This Pandemic Year

By Rev. Marie Duquette

I am writing this on the one-year anniversary of the first case of Covid-19 being diagnosed in Michigan. It is also the one-year anniversary of my mother's memorial service. It was held here in Ann Arbor, at the church where I serve as a pastor. Her service was live cast on Facebook, a first for our little congregation. Family and friends tuned in from Hawaii, California, South Dakota, Arizona, Texas, Ohio, Maryland, and Florida. It was the first time in my 18 years as a pastor that I fully understood the value of live casting worship, an experience I and many of my colleagues have often considered too personal and intimate…too sacred maybe…for livestreaming on social media. It seemed so… televangelistic.

Just before Covid-19 hit, I read the book, *The Weight of Ink* (Rachel Kadish), a historical fiction set in the plague in London in the 1600s. I was fascinated reading how people had survived. It makes me wonder how writers will describe this era in historical novels yet to be written. So, I decided to reflect on the little things we might remember about this time beyond the bone-chilling fear, and mind-numbing grief.

For me, last year was the first time both of my brothers had been in any of the four churches I've served while I was leading worship; it was the first time the three of us had been together in 19 years, the last time being at my father's funeral in California. It was the first time I wore a hat in church. It was the first time my congregation met my extended family and the first time my older brother, Gerry, a magnificent guitarist, played in public as everyone gathered. It was the first time I heard Led Zeppelin (*The Rain Song* and *Tangerine*), and House of the Rising Sun, as a prelude for a Memorial Service in a church.

The very next day was a Sunday of unanticipated and completely unplanned lasts. That next day would be the last service we had inside the walls of the church before Covid-19 sent us all home for more than a year. It was the last time I saw people I loved without fabric masking our expressions. The last time I lead worship with real confidence. The last time we hugged one another, we for whom expressions of support such as touch were a regular part of our communion. It was the last time we would sing together, *When the Saints Go Marching In* with tambourines and clapping, which feels prophetic today. It was the last time we shared a meal; the last time we ate inside at a restaurant.

These firsts and lasts have acted as mile markers as we moved through an avalanche of new. New fear, new masks, new rising numbers of those afflicted and those who have died. Bottles of hand sanitizer, like individual rocks in an avalanche, on every counter, at every entrance, in every purse and car. The roar of the disaster was heard as more and more schools were closed, graduations were cancelled, weddings were postponed, and news anchor's voices became increasingly grave and worried. For every person who died, an average of nine people began to grieve—profoundly. We felt the weight of that grief like deep, wet, snow weighing us down.

At first, we moved in shock, much the same way one moves through the first days after burying a loved one. But by the time spring was in full bloom, many of us were highly invested in developing new ways to navigate through the dynamite blasts that marked the months of 2020. We perfected Zoom gatherings, online shopping, and curbside pick-ups. Fine restaurants pivoted to offer both groceries and carry-out family meals brought to your car. We congratulated ourselves for having resilience at the first birthday car parade and first video tributes to healthcare workers that made us both cry and hit replay. We tipped everyone, everywhere, as well as we possibly could. We wept when local shops closed.

For many, it was a year of discovering a depth of gratitude that, before the pandemic, we never realized was missing. We began to thank random truckers we met while pumping gas, every grocery store worker, every bus driver, and every doctor even when we only met them on a screen. We put signs of encouragement on our lawns, wore buttons of support, and masks emblazoned with: We ❤ Healthcare Workers.

As our anxiety increased, we developed a collective need to do something, anything, to make us feel like we had some control. We cleaned every closet. We created individual work areas for every family member who worked at home. We developed pods that included a few people who did not live with us, confessing, in hushed voices, that we heard it was okay. We sent care packages to neighbors. We bought ice cream as often as we bought bread.

Read the rest of the article online!

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The spring issue of
The Crazy Wisdom Community Journal
is here!

Look for articles on the King Family of Frog Holler Farm, Equine therapist Sara Des-Jardins, Belly Dancing with Sheila May, the Friends Lake Cooperative Community, and more!

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From our Archive

Reflections on the Power of Music as Support and Healing for Teenagers

By Kendra Theriot

Being a mindful parent of teenagers can be a challenge these days. Reports say younger children are now subject to some of the same academic and social pressures as their high school counterparts. In recent months, our local community has grieved a number of teen and young adult deaths linked to depression and anxiety, and it's a serious concern for the future. What role, I wondered, can music play in improving the social lives and emotional health of our children?

Experts say it's increasingly important for adolescents to have adults in their lives that they trust and can turn to when life tosses them a curve ball. Many of the private lesson teachers I spoke with commented on this trend. They said that if one of their students is stressed out or upset with a friend, they will often hear about it during their weekly lessons. It is especially true of long-term students with whom they have formed a friendship and mentorship.

What role, I wondered, can music play in improving the social lives and emotional health of our children?
When I look back at our daughter's experience, having the same piano teacher for the past nine years has been invaluable. She turned to her piano teacher for counsel when playing two instruments plus sports started to feel overwhelming. A few years later when the classical piano music got more difficult and started taking too much time to master, she was comfortable asking her teacher to find a more manageable repertoire. There were a few times in middle school when our daughter showed up for lessons and didn't even play music. Their connection runs deep. This relationship is special. Even though my husband and I were there to support her, it was important for Ellie to have someone else to confide in.

As I learned talking to local students, while some kids figure out early on they want to be soloists, for many it's about being part of a group. Ensemble playing can extend a kid's interest in the pursuit of music and adds an important social component that kids really like as they hit adolescence. They feel they belong and that they are making a statement together.

When our daughter was in 7th grade, she signed up for a Creative Composers Ensemble, and for the first time played some arrangements of popular music on the piano. A light bulb went off, and she asked a few friends to form a band. They started rehearsing popular music (in our living room, of course), got invited to play a few paid gigs, and a year later participated in Battle of the Bands at The Neutral Zone last spring.

Right around that time, she was asked to play piano accompaniment for a song written by high schooler recording her first CD at The Neutral Zone. It was a thrill for Ellie to be part of this collaborative recording effort. She started playing the CD everywhere and quickly memorized the rich lyrics. Then just a few weeks later, in May, our neighbor (another high school freshman) took his life. In the aftermath of this event, it was Kaye Hoff's CD — her original music — The Stuff in My Head — compassionate songs about common teen identity struggles and upbeat tunes reminding us to let our worries go — that provided solace to our daughter and to all of us during the days and weeks that followed. Ellie recalls crying on her horn teacher's shoulder during a lesson she had scheduled the day after the tragedy occurred.

Music can offer solace at times when words fail. It is a healthy alternative to social media for teens seeking ways to express themselves. The timing of Kaye's CD release brought this home for me. Teens have the power to heal each other through the music they create together.

Music is always there for teens, and it doesn't fight back. Several students interviewed said there were many times when they would come home after a rough day at school and pick up their instrument and play a familiar melody to help them unwind or process their frustrations. For our daughter, it was her way of letting off steam, and bringing herself back into equilibrium.

Teens have the power to heal each other through the music they create together.
I have come away from this inquiry with a much deeper appreciation for the wisdom of the teenagers in our midst. Their powerful voices are ones we need to hear more often. Music, of course, is just one path of self expression. When they sing and perform, recite poetry or act on stage, we are witnessing healing in action. As a parent who isn't particularly musically inclined, I am grateful for the band directors and the teachers who dedicate their lives to making this creative art come alive in our kids. Teachers collaborating with each other sets an example for the youth they teach.

My advice to parents of younger children with an interest in music is that you keep an open mind. Support their musical exploration and help them figure out which of the many different pathways works for all of you. The discipline it requires is a good life skill regardless of whether they continue, but it also is an avenue for creativity. As we discovered, you never know where the exposure to music will lead.

To all readers, consider making time to attend concerts and performances by the artists that come to town as a result of the the outreach efforts of organizations like UMS, Kerrytown Concert House, and The Ark. Show your kids that Ann Arbor is so much more than a football town.

Women in Martial Arts: Different and Strong

By Lynda Gronlund

When I was a teenager, I was (and still am) a passionate feminist. Back then, my views were very black and white. No one could bring up differences in the sexes around me without provoking a rant. Equality meant men and women were the same in everything of import. Then, when I entered college and at the same time got involved with martial arts, predictably everything got more complex.

As someone who had always loudly and angrily rejected the idea that women were the weaker and meeker sex, I was very excited to learn to be a fighter. I embraced the training and worked hard – but as a perfectionist I often beat myself up whenever I felt I had fallen short. Sometimes the perceived shortcomings were physical skills that I felt I wasn't mastering fast enough; at other times they were psychological. I struggled often with fear — fear of getting hurt, fear of hurting others, fear of failure. I hated that I struggled, because to me it meant a failure in being the strong, fearless woman I was striving to be.

My teacher at the time pointed me toward a book: *The Armored Rose* by Tobi Beck. It's a bit obscure because the martial art Ms. Beck taught was a bit obscure: European sword & shield, the same art I was learning then. But many of the ideas translate well to any martial art, and it has been a touchstone for me throughout my now 18+ years of training and later teaching in both Western and Eastern martial arts.

Beck laid out the many ways in which female martial artists are different from our male counterparts. Physically, our upper bodies are smaller, the structure of the hands and arms subtly different. Women statistically hurt their anterior cruciate (knee) ligaments more often than men do, possibly because of the wider hips affecting the angle of the knee.

Of course, everything falls along a scale. I'm taller and heavier than some men I know even at my fittest, and can lift more, too. I know women with narrow hips and women who can knock out 100 pushups with ease though that seems impossible to me. We are all, of course, individuals and unique. But as I came to understand, generalizations can be useful sometimes. Admitting that women have smaller, weaker upper bodies in general seemed at first disheartening to me, until I realized that our strong, flexible lower bodies and lower center of gravity could be embraced as advantages. Women can be outstanding martial artists and athletes, but sometimes we might have to do things a little differently from the guys to best take advantage of our own physical makeup.

"Of course, everything falls along a scale. I'm taller and heavier than some men I know even at my fittest, and can lift more too. I know women with narrow hips and women who can knock out 100 pushups with ease though that seems impossible to me. We are all, of course, individuals and unique. But as I came to understand, generalizations can be useful sometimes."

Beck's book also detailed psychological differences. Boys in our society tend to roughhouse with each other, and it's encouraged or at least tolerated. Girls tend to be discouraged from such play. Women are told in a thousand subtle and unsubtle ways through their families, friends, and media that they are valued as nurturers and as objects of beauty. Whole lines of fitness products are marketed to women with pastel tones and no weights over 8 pounds because anything larger would be too heavy, or even cause them to "bulk up" and be too "manly" (as an experienced personal trainer I can unequivocally state this is ridiculous, but still pervasive in our culture). It's understood both consciously and unconsciously that women are supposed to be "nice," to care for others, to be pretty, maybe a bit shy, and definitely not want to fight. To be fair, gender role messages are just as strong for men, who are supposed to be strong, unemotional, a good protector, and provider. Just look at the personal care aisle in the supermarket – there are special black bottles with "masculine" fonts because the marketers figured out a lot of men might buy lotion for their dry skin, but only if it was as separated from anything "girly" as possible.

Read the rest of the article online!

Crazy Wisdom Book Pick of the Week

New York Times Bestseller
The Gift of Forgiveness
Inspiring Stories from Those Who Have Overcome the Unforgivable
Katherine Schwarzenegger Pratt

Purchase your copy of The Gift of Forgiveness at shopcrazywisdom.com.

By Katherine Schwarzenegger Pratt

A fresh, inspiring book on learning how to forgive, with firsthand stories from those who have learned to let go of resentment and find peace..

Written with grace and understanding and based on more than twenty in-depth interviews and stories as well as personal reflections from Schwarzenegger Pratt herself, The Gift of Forgiveness is about one of the most difficult challenges in life--learning to forgive. Here, Katherine Schwarzenegger Pratt shows us what we can learn from those who have struggled with forgiveness, some still struggling, and others who have been able to forgive what might seem truly unforgivable. The book features experiences from those well-known and unknown, including Elizabeth Smart, who learned to forgive her captors; Sue Klebold, whose son, Dylan, was one of the Columbine shooters, learning empathy and how to forgive herself; Chris Williams, who forgave the drunken teenager who killed his wife and child; and of course Schwarzenegger Pratt's own challenges and path to forgiveness in her own life. All provide different journeys to forgiveness and the process--sometimes slow and thorny, sometimes almost instantaneous--by which they learned to forgive and let go.

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The Crazy Wisdom weekly Calendar

Bodywork and Body mind Therapies

Bowenwork4kids with Lisa M. Teets • Monthly, Third Sundays: May 16 • 3:00 p.m. • Bowenworks4Kids is an opportunity for children to receive high quality soft tissue Bowenwork therapy. It can provide permanent healing and relief of pain from a multitude of acute and chronic conditions. The work frequently results in a deep sense of overall relaxation and facilitates the recharging and balancing of the body. Young people respond well to this work. First session free for kids under 17. Contact Lisa at Bowenfix.com. Contact Lisamteets@gmail.com.

Book Discussion Groups

Jewel Heart Readers with Jewel Heart Instructors • Monthly, second Mondays: May 10 • 7-8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free, but donations welcome. Contact Jewel Heart at programs@jewelheart.org or 734-994-3387 for this month's book selection and participation information. Visit the Jewel Heart website at jewelheart.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom. Modern Times with Demo Rinpoche or Gelek Rimpoche • Weekly on Sundays from May 2 to August 29 • 11:00 a.m. • We invite you to enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rimpoche. Stay tuned for the moderated discussion after the talk. Free, yet donations welcome. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, click on the link accompanying this program's listing at jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website at jewelheart.org.

Zen meditation and service; Informal conversations on the Dharma with Marta Dabis • First and Third Sundays: May 16, June 6, June 20, July 4, July 18, August 1, Aug 15 • 11:00 a.m. meditation; 11:40 a.m. service • Traditional Japanese Zen Buddhist meditation in the lineage of Shrunyu Suzuki, followed by Buddhist chanting in English and Japanese, and an informal conversation about Buddhism. Donations only. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Garden Your Heart with Demo Rinpoche • Saturday, May 15 • 9:00 a.m. • Cultivate the garden of your mind, weed out negative emotions, and sow the seeds of enlightenment. Demo Rinpoche will draw on the vast teachings found in the Tibetan Buddhist tradition to celebrate the awakening mind of spring. $40 to $60 Sliding Scale. No one is turned away due to financial considerations. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, go to the Jewel Heart website at jewelheart.org.

Buddha's Birthday with Haju Sunim • Sunday, May 16 • 10:00 a.m. • Traditional Buddha's Birthday Service with Special Chanting, Bathing of the Baby Buddha. By donation. For more information phone 734-761-6520 or email annarborzentemple@gmail.com.

Ceremonies, Celebrations, and Rituals

A Mother's Day Celebration • Saturday-Sunday, May 8 • 1-3 p.m. or 6:30 - 8:30 p.m. • Join us for a joyful celebration of motherhood and the divine feminine in all stages of life.
*Saging Ceremony
*Guided Meditation
*Gentle Movement
*Sacred Sound
$75 per person at Verapose Yoga & Meditation House. For more information and to reigster visit veraposeyoga.com.

Ryaku Fusatsu - Full Moon - Vow Renewal - Ceremony with Marta Dabis • Fourth Sunday of each month May 23 - August 22 • 11:00 a.m. • After 40 minutes of Zen meditation, a traditional Japanese Full Moon (vow renewal) ceremony will be held in English. Donations only. Contact Marta Dabis at 248-202-3102 or email JissoJiZen@gmail.com; JissoJiZen.or.

Chanting: Awaken Your Inner Goddess: Divine Mother Mantras and Chants with Susan Billmaier • Sunday, May 16, 23 • 10:00 a.m. • Do you want to strengthen your home life? There's a Divine Mother mantra for that. Do you want to protect yourself and your family? There's a Divine Mother mantra for that. Do you want prosperity? There's a Divine Mother mantra for that. Do you want to give and receive comfort and compassion? There's a Divine Mother mantra for that. Do you simply want to connect more consistently with your Divine Feminine? There's a Divine Mother mantra for that. You'll learn all these and more! Note: The Inner Goddess and the qualities she imbues, are available to anyone regardless of any identity you hold about yourself. $54. Contact Susan Billmaier at 734-678-2071 or evenstar.institute@gmail.com; evenstarschalice.com/courses.html.

Channeling

Event with Spirit - Remembering Wholeness • May 16 • 2 p.m. • Remembering Wholeness is an opportunity to experience the sharing of energy with The Mother channeled through Barbara Brodsky. The Mother invites us to experience the deeper truth of ourselves. For more information email om@deepspring.org call 734.477.5848 or visit DeepSpring.org.

Event with Spirit- • May 19 • 7 p.m. • An open session with Aaron and Barbara Brodsky. Aaron gives a talk, followed by Q&A. Aaron's talk will cover a variety of spiritual practices including Vipassana and Pure Awareness Meditation, working with inner guidance, and supporting changes in our physical/spiritual bodies through work with body energy, the elements, sound and Open Heart.For more information email om@deepspring.org call 734.477.5848 or visit DeepSpring.org.

Children and Young Adults

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade & up) with Karen Greenberg, R.P.T., and Certified Essence Repatterning Practitioner • Sunday, May 16, June 13, July 11, August 15 • 1:00 p.m. • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, or dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of 1000 Years of Peace. $50 for a 2-hour class; meets one time/month for about a year. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Death and Dying

Death Cafe with Rev. Annie Kopko via Zoom• Monthly on First Tuesdays, May 4 - August 3 • 6:30 p.m. • Discussion of Death and Dying. Free, but donations appreciated. Contact the Interfaith Center for Spiritual Growth at 734-327-0270 or interfaithspirit.org.

End-of-Life Doula Training with Patty Brennan • May 22, 23 or Jul7 17, 18 • 9:30 a.m. • End-of-life doulas are the new frontier in end-of-life care. Their emergence is an outgrowth of recent cultural trends favoring more natural and holistic approaches for an aging generation of baby boomers. Our End-of-Life Doula Training covers how to provide non-medical comfort and support to the dying person and their loved ones in the final days, weeks, and months of life. $697. Contact Patty at 734-663-1523 or patty@lifespandoulas.com; LifespanDoulas.com.

Dreamwork

Personalized Dream Analysis with Michelle McLemore, CHTP, Rev. • Thursday, May 13 • 6:30 p.m. • Learn common dream archetypes, dream theories, and analysis steps to improve sleep as well as address subconscious and conscious concerns. Explore the messages within your dreams and learn how to address repetitive dreams and/or nightmares. 1.5 hour with time for discussion. $50. TBD if on-site or via video conferencing. Contact Michelle at 517-270-0986 or energy@michellemclemore.com; facebook.com/MichelleMcLemoreHealingGuide.

Energy and Healing

Healer & Ascension Certification Course with Rev. Eve Wilson, Director of The Healer Development Program. • Every other Thursday for 14 months beginning May 20 • 7-10 p.m. • Learn healing and ascension work for people, pets, and the planet. Physical, emotional, mental, spiritual healing, rewrite soul contracts, heal past lives, resolve traumas, empower, strengthen unity with Higher Self and wholeness. Grads eligible for Legal UCM Healer Practitioner Certification throughout the USA and soon in Canada. $3200. Contact Eve Wilson at 248-854-6873 or evew@spiritualhealers.com; spiritualhealers.com.

Exercise and Fitness

Exercise and Fitness Virtual TRX Suspension Class with Gwyn Jones • May through September • Wednesdays 8:15-8:45 a.m., Fridays 8:15-8:45 a.m. • TRX is suspension training workout that will give total-body health benefits for everyone. Gravity is your resistance here, so adjusting and modifying your moves gives you the advantage to choose the level of difficulty you want. Modifications are given for every move, so you always keep building workouts. TRX will challenge your strength, core, and cardio individually or all at once. Students will need their own straps. $10. Contact Gwyn by filling out an online form at gwynjonespilates.com.

Life Transitions

Navigating Loss and Grief in Grace with Barbara Hutton • May 22, June 21, July 25 • 12:00 p.m. • A 2-hour class which includes exploration, sharing (totally voluntary) and guided imagery/meditation. An experience held in the context of Wholeness. $35. Contact Barbara Hutton at 734-223-3485 or bdhutton@sbcglobal.net.

Meditation

Chakra by Chakra Meditation and Health with Ema Stefanova E-RYT, C-IAYT • Sunday, May 9 • 9:30 a.m. • Chakra Therapy has been our specialty. Guided meditation will be practiced, the chakras (energy centers) will be explained, as well as how each chakra governs body, mental, and emotional functions. Great

Jane L Finkbeiner
Cellular: 734-323-0019
jane@praxisproperties.com

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New - Almost Complete - May Occupancy - Enjoy Tree Lined Southern Exposure In This Spacious 2nd Story Condo In The Touchstone Community Featuring 1748 sq.ft., 3 bedrooms, 2 Full Baths, Spacious Family Room/Loft. Complete With 9' Ceilings With Cathedral In Loft, 42 Painted Maple Cabinets, Stainless Appliances, Flooring A Blend of Luxury Vinyl Plank, Ceramic Tile And Carpet. Complete With High Efficiency Furnace, Central Air And Balcony To Enjoy The Southern Exposure. Touchstone Cohousing Is a Multigenerational Community Features Scio Township Taxes, Outstanding Ann Arbor Schools, On The Bus Route, Easy Access To Shopping And Freeways. Come Home To Touchstone, Enjoy Activities At The Common House With 24/7 Access For Mail Delivery. Plant Your Garden With Your Neighbors.

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visuals will be available for purchase at the end of the session. Contact Ema at YogaAndMeditation.com.

Sufi Chanting, Movement, and Meditations with Imam Kamau Ayubbi • Every Tuesday, May-August • 6:30 p.m. • Sufi study and celebration via Zoom. Donations $5-10 per class. Contact the Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Putting out the Nervous System's Fire: Meditations for Coping in Crisis with Amy Hertz • Friday, May 7 - August 27 • 4-5 p.m. • Settling the mind is tough in the best of times, but when we are hit with circumstances that change our reality, getting access to that part of ourselves that can think clearly and problem solve, becomes nearly impossible. Using the breath, writing exercises, and guided meditations, we'll explore ways to calm the body's threat response and regain balance. Free, though donations welcome. To register, click on the link accompanying this program's listing at jewelheart.org/free-weekly-virtual-programs. Contact Jewel Heart at 734-994-3387 or programs@jewelheart org ; jewelheart.org.

Mindfully Being Me (A Virtual Day of Mindfulness) with Carol Blotter • May 15 • 9:30 a.m. • Mindfulness is a lifestyle, a way of being open and present. It is saying YES to what is happening right now. One of the most common areas where we say NO is to ourselves. We never measure up to expectations. During this day of mindfulness, we'll explore saying YES to being me… and it's applicable in every situation. Open to All. Donations appreciated. Contact the Weber Center at 517-266-4000 or webercenter@adriandominicans.org.

Personal Developement

A Life of Mythic Proportions with Mara Evenstar • Friday, May 7, 14, 21• 7:00 p.m. • In this workshop, Mara Evenstar will guide you through a process of experiencing the power of telling your story using ancient and modern symbols, archetypes, cultural references, and elements of mythology. Telling your story in this manner is empowering and healing. No background in symbolism or mythology is required. $108. Contact Susan Billmaier at 734-678-2071 or evenstar.institute@gmail.com; evenstarschalice.com/courses.html.

Reiki

Reiki Level 1 (In Person) with Julie Sottek • Monthly on Saturday, May 15, June 19, July 17, August 14 • 11 a.m.-6 p.m. • Reiki is a Japanese technique for stress reduction and relaxation that also promotes a healing lifestyle. Level 1 is your introduction course where you will learn what is Reiki, the history, and tools for self-treatment and giving to others. Level 1 Course includes certificate and materials. Light snacks and water will be provided. Students should dress comfortably, bring a notebook to journal and lunch. Limited participants. $75 deposit required at registration. $150 Level 1 only, $290 Level 1 & 2 combined. LARA and State of Michigan health protocols will be practiced including face coverings and 6-foot distancing. Contact Julie Sottek at 517-917-7910 or dragonflydeo@gmail.com; dragonflydeo.com.

Reiki Level 2 (In Person) with Julie Sottek • May 29, June 26, July 24, August 21 • 11 a.m.- 6 p.m. • Prerequisite: Reiki Level 1. Level 2 Course is a combination of lecture, discussion, demonstration, and practice time. Each student will experience giving & receiving a complete session using Byosen scanning and the hand placement system. We will practice using all the Reiki 2 symbols as well as the techniques mentioned level 1. Level 2 Course includes certificate and materials. Light snacks and water will be provided. Students should dress comfortably, bring a notebook to journal and lunch. Limited participants. $75 deposit required at registration. $150 Level 2 Only*, $290 Level 1&2. LARA and State of Michigan health protocols will be practiced including face coverings and 6-foot distancing. Contact Julie Sottek at 517-917-7910 or dragonflydeo@gmail.com; dragonflydeo.com.

Reiki Level 2 with Mara Evenstar and Krystal Rain • May 15-16 • 1:00 p.m. • In addition to receiving two Reiki 2 attunements, the learning focus for this level is to work with the Reiki symbols, directly learning their functions and applications; learn how to use Reiki for distance healing and to practice doing Reiki treatments on others. $140. Contact Susan Billmaier at 734-678-2071 or evenstar.institute@gmail.com; evenstarschalice.com/courses.html.

Retreats

Purposeful Pivots "Movement is medicine" Spring Retreat • Saturday-Sunday, May 21 • 8 a.m. • This year was trying for many of us, but wouldn't you LOVE the opportunity to feel a renewed sense of stability? During our retreat we will ACTIVATE our potential to call any emotional response we desire to feel into our reality! We will MOVE the emotions and SHED what was, NOURISH our nervous systems, EMBODY our ability to know peace and ALLOW ecstatic joy through movement of the body, breath and the soul. Join us for a weekend of MOVEMENT MEDICINE Circle up with your fellow sisters to experience many

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!

Send your listing in here.

forms of movement including Yoga, Nia, World dance workout, drumming, meditations, freedom of expression playshops, tribal belly dance, Buti Yoga, Afro-core energizer, laughing yoga, an offering prayer ceremony, and so many more sacred treasures! Visit : "Purposeful Pivot Goddess Retreats" on Facebook to get connected or email coachjulie@kouyatehealingarts.com.

JissoJi Half-day Sitting with Marta Dabis • Monthly, second Sundays: May 9, June 13, July 11, August 8 • 8:20 a.m. • Traditional Zen meditation in the lineage of Shrunyu Suzuki. Three rounds of 40-minute sitting with 10-minute walking, followed by a Dharma talk by a guest teacher. Joining for part of the program.is also available. Donations accepted. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Holistic Yoga and Meditation Weekend Retreat with Ema Stefanova, E-RYT500, C-IAYT • Friday, May 14 • 5:00 p.m. • Enhance your health and well-being whether you are a beginner or a yoga teacher, fit or out of shape. Experience peace, enjoy expert guidance, vegetarian meals, Lake Michigan sunsets, the Shrine Trail, and 110 acres of beautiful non-farming land. Yoga Teachers and Therapists earn continuing education hours with YA/IAYT. $445/$845 for two. Contact Ema at emastefanova@cs.com to register and visit YogaAndMeditation.com for more details.

Spiritual Development

Music, Sound, and Voice Singing for Comfort (via Zoom) with Interfaith Center for Spiritual Growth • Second Thursdays: May 13, June 10, July 8, August 12 • 7:00 p.m. • Music and song for comfort. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Peace Generator (via Zoom) with Craig Harvey • Friday, May 21, June 18, July 16, August 20 • 7:00 p.m. • Meditate, pray, and set intentions for peace. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Stress Management

Stress Management Traumatic Incident Reduction Workshop with Marian Volkman • June 15, or August 3 • 10:00 AM • 5 day online workshop 10-4 each day Practical Trauma and Stress Resolution.Move Beyond Symptom Management to Effective Trauma Recovery. Continuing Education credit available for Social Workers. Learn to use (TIR) Traumatic Incident Reduction, effective for reducing and eliminating after effects from: Stress, Difficult relationships, any upsetting, severe or shocking event War trauma, either received, caused or observed, trauma caused as well as received or observed, including domestic violence, accidents and injuries, losses of all kinds, unwanted feelings or thoughts. $695. Contact Marian Volkman at marian@tir.org or 734-662-6864; or visit appliedmetapsychology.org/professional-training/meet-the-trainers/marian-volkman/

Writing and Poetry

The Welcome Greening of Spring—A creative Writing Workshop (online) with Tarianne DeYonker, OP, MSW • Saturday, May 15 • 10:00 a.m. • Witnessing how Nature comes back to life each year, writers also arise from winter's dormancy to new life with our writing. In this workshop we put pen to paper in personal writing time and gain feedback from other supportive writers. Beginning and experienced writers are welcome. $30. Registration Required. Contact the Weber Center at webercenter@adriandominicans.org or 517-266-4000.

The Benefits of Joining a Revision Group (on Zoom) with Josie Schneider • Tuesday, May 18 • 6:00 p.m. • Here at Write-On! an evolution has occurred in how we conduct our revision groups. Zoom meetings turned out to be a great discovery for everyone's improved writing. In the meetings, the deep-dive observations of others unearth the problems and virtues of not only your writing samples, but also of your thinking and approach to writing. Come see if a zoom revision group is right for you. $5. Contact us at meetup.com/Write-On-Ann-Arbor/events/277081573/.

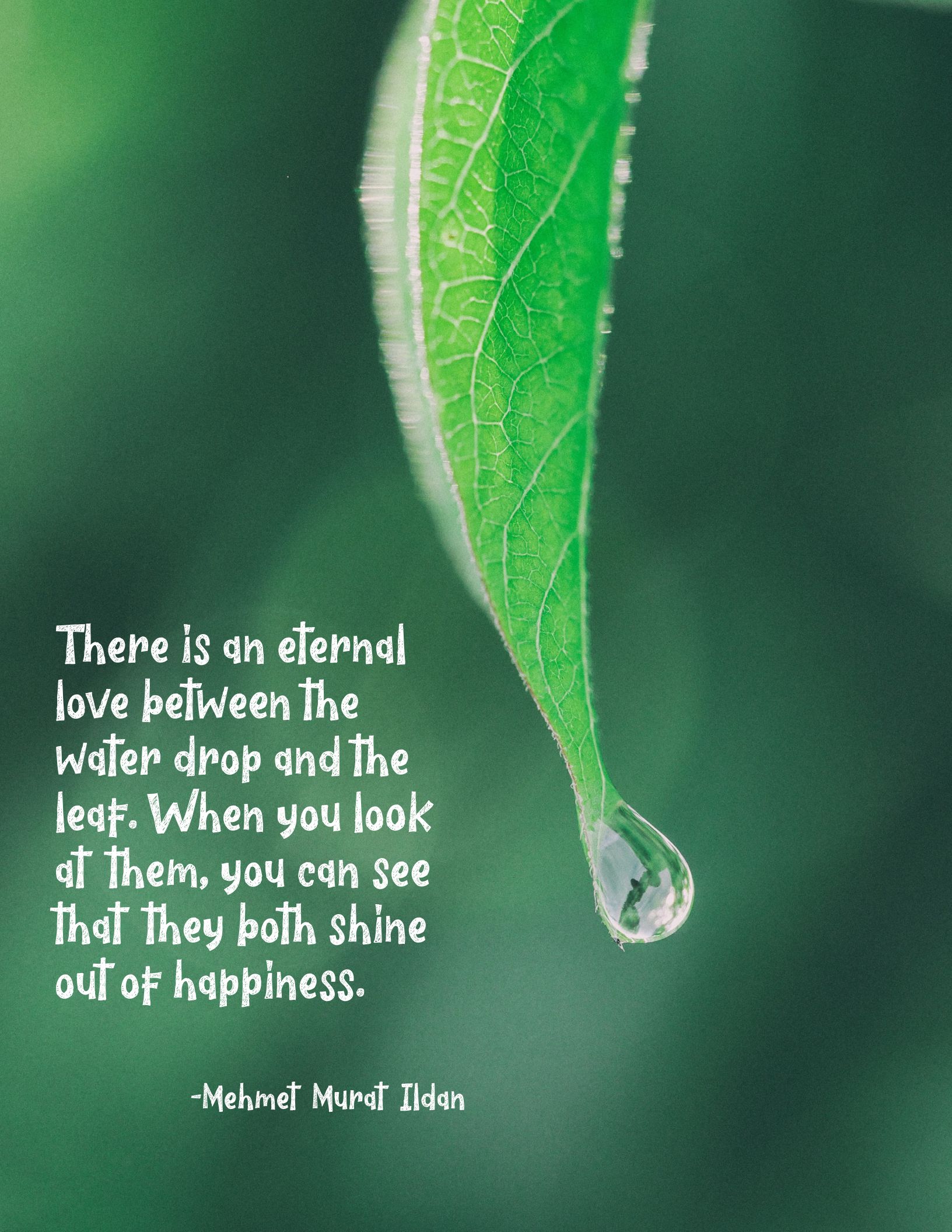
Crazy Wisdom Poetry Workshop (via Zoom) with Edward Morin, David Jibson, and Lissa Perrin • Monthly, Second Wednesdays: May 12, June 9, July 14, August 11 • 7-9 p.m. • Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; https://cwcircle.poetry.blog/.

Yoga

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Yoga Sustainable Resiliency: Tend and Befriend with Cyndi Lee • Thursday, May 13 • 7:00 p.m. • This class is a receptive practice of meditation, restorative yoga, pranayama, and contemplative journaling to reset our nervous system. By tending and befriending ourselves with quiet purpose, we begin to get familiar with how to best care for ourselves, even with just one breath. During the class, you will need 2-3 blankets and 2-3 bolsters (or rolled towels/blankets). $20 Jewel Heart Members / $25 Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website at jewelheart.org. For more information, call Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org.


There is an eternal love between the water drop and the leaf. When you look at them, you can see that they both shine out of happiness.
-Mehmet Murat Ildan